

Field Sanitation and Hygiene

Ref AFH 48-107

In the field, diseases are a major concern. Maintaining good personal hygiene will prevent illnesses and help morale. Good general health also supports your body in fighting off infections and other illnesses better than if your health is already compromised.

Good field hygiene requires your personal and constant attention.

Personal Hygiene

The first line of defense is YOU. To help prevent disease...



Frequently wash your hands

Change your socks daily



Practice proper dental care

Section 3 - Set Up

Maintain clean, dry clothing



Use foot powder to prevent fungal infections



Bathe in approved, safe water as often as practical



If a shower is not available, wash where you perspire

Section 3 - Set Up

Trash and Garbage Disposal

A large amount of solid waste is generated at a deployment site. Because this waste provides an excellent breeding ground for insects and rodents, it must be disposed of properly.

- Dry combustible waste can be burned when there are no landfills or landfills are too far for timely disposal. However, ensure the smoke will not interfere with base operations. You can burn in an open pit or metal container such as a 55-gallon drum
- The host nation or your civil engineer disposes of most garbage in a common sanitary landfill. This landfill should be located some distance from your encampment and covered with dirt to prevent infestation by rodents and insects
- Trash should never be allowed to accumulate within the camp area



All trash should be placed in sturdy containers, preferably with a lid that can be secured

Pest Control

- If not identified and contained quickly, pests in the encampment area or your personal living area can make you sick—or worse
- If you see rodents, wild dogs, other animals, or a large number of insects, tell the civil engineer or commander through your chain of command

Section 3 - Set Up

Mess Kit Laundry

Ref AFI 48-116

While deployed, Meals Ready to Eat will be your primary food source until arrangements can be made to provide Hot A-Rations. Once Hot A-Rations are available, the mess kit will be your primary eating utensil. The mess kit must be properly cleaned before and after you eat. A clean mess kit will help prevent food-borne illnesses, and it's your responsibility.

Before You Eat



Submerge your mess kit in the pre-dip can provided at the entrance to the dining facility for a ***minimum of 30 seconds***

After You Eat



Scrape food particles into trash can



Remove remaining large particles in first can filled with soapy water



Thoroughly wash in second can of soapy water

Rinse in third can of clear water



Sanitize in fourth can by submerging for a ***minimum of 30 seconds***



Allow mess kit to air dry before packing it up

Section 3 - Set Up

Human Waste Disposal

Ref AFI 32-7080

Human waste must be properly disposed to prevent the spread of disease and presence of insects/rodents in the camp area.

- ✈ Ventilated improved pit latrine-"out-house"
- ✈ Pail latrine
- ✈ Harvest Falcon latrine



Harvest Falcon Latrine